

# Abraham-Hicks Publications

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## **New language, beyond separating of matter/Energy?**

A     There you have it. Good. Continue.

Q     So, I am yearning and allowing and intending to conceive of new ideas beyond our current languages, categories and perceptions. That is perceptions of the vibrations of the Source. That is the life in which, and of which, I live and move and have my being.

A     Now, we want to give you something here. What do you mean when you talk about expressions that have not been before? We are understanding that. But the next part of it, what do you mean by that?

Q     I think that by our language, and what I'm getting at is I'm wanting to move beyond the separation concepts of matter and Energy—where matter indeed is Energy, and Energy matter.

A     Well, everything is about that. We have to say to you that all of you are doing that unconsciously, whether you realize it or not. Because in this Vibrational Universe, you are all communicating far more from your vibration than you are from your words. Your words are truly inconsequential in terms of your vibrational interaction with this Universe. Perhaps if we explain to you a little bit about what's happening here, it will help you to understand that your question is already being answered in ways that you may, or may not, quite fully understand.

When we are communicating here through Esther, we are not whispering words to her that she is repeating. Instead, we are in our place of knowing, offering our vibration about what we know, and about who we be. And Esther, or you, are receiving this vibration at an unconscious level, and then matching it with words of a physical equivalent. So what we are literally doing together here, is building new language. In other words, you are beginning to hear the words that Esther is expressing. Esther did not have background, so she did not have a cache

of words that she could easily match. She had to find conceptual ideas and bits and pieces here and there to match what she was feeling as our expression.

And over time, as one of you offers a question vibrationally and verbally, and we receive the essence of your asking, and then we respond vibrationally to the essence of your asking, and Esther tries to find words that somehow match that expression, and then we sense, or feel, your response to her words, and we feel the Energy that is triggered within you as a result of those words, we are then able to offer subtle or broader or deeper or more vibration, which gives her the opportunity to choose more words. Until together, we literally are making new language.

Now, this is the way your language has always moved forward. Sometimes people will come to the gathering, and then they will go away and they will begin receiving, also. And sometimes they are uncomfortable that the words that they find in their translation process are often identical to the words that Esther has found in her translation process. Because they have heard Esther's translation, and it is, therefore, then logical that when they feel the vibration that is being offered, that they would then match the words that are most familiar to that vibration in their translating process.

And, sometimes, they worry that they are not really translating Energy. They worry that they are just repeating what they have heard come forth from Esther. And we say, in the beginning it is natural that the words that they would choose would be similar, or same, to the words that Esther has found. But eventually, if they are truly receiving, all kinds of new words from their personal experience will begin to come about. And that's what you're talking about here. You're talking about receiving Nonphysical Knowing, matching it with the vibration and the language of your time and place, and putting the two together. So you are sort of a translator, or a combiner, literally, of two worlds.

We talk about this only briefly here, because as we begin to speak to you about the physical you and the Nonphysical You, while our intent was to make the physical, conscious human aware of the broader part of himself, sometimes, instead of making you feel more a whole or a part of the whole, we actually in our description of two parts, cause even more awareness of separation. When our intent is to help you to realize that you are Eternal Energy that is expressing in this physical format. And so, the better you feel, the more joy you feel in any moment, the purer your connection to that expression.

So what happens? The best of all worlds is to be tuned in, tapped in, turned on, which means feeling great, summoning lots of Nonphysical Energy, into a physical format. So all of these things that you are talking about here, always, always happens. It's just that most people do not know that it is happening. You get what we're talking about? All of you are receivers of your Nonphysical Energy, much more than you know. So many of your impulses are coming from that Broader Consciousness. But you have become those who have somehow come to believe more in separation, than you believe in the wholeness of who-you-are. And your guilt, and worry, and blame, and self-depreciation and all that sort of thing are evidence of that. Good, we'll hear more from you. Are we getting to what you are reaching for?

Q Yes, and that is anticipating like the major translation that I'm currently understanding and using. And that is where matter is a function of Energy, and Energy of matter...

A Now give us more. What are you getting at there?

### **Is physical matter an evolution of Energy?**

Q That I would see, in a sense, Energy as the evolution from matter. Matter evolving to Energy.

A Actually, it is the other way around. Matter is the evolution of Energy. First there is thought, then there is Thought Form, then there is matter. *So matter is only thought that has been thought upon by more.* And you see, we began there actually yesterday, as we talked about how you live in a Vibrational Universe, and that what you see with your eyes is an interpretation of vibration. What you hear with your ears is an interpretation of vibration. What you smell with your nose, or taste with your tongue, or feel with your fingertips, these are all vibrational interpretations.

So, think about what's happened here. Large numbers of interpreters have come forth into a same or similar experience, with same or similar interpreting faculties, and it is the agreement of the masses that have interpreted this into the solid matter that you see. There could be another, who could be actually here a part of your experience, who may perceive this differently. And in their perception, they would relate to it very differently than you are. That's why in the same way that the dog can hear things that you don't hear, or smell things that you can't or would not want to smell, you as physical Beings are interpreting all things similarly. But every now and again, one of you, like the dog that is different from you, become different from human.

But this is all about interpretation. In other words, Energy is vibrating, and in truth, there really is no such thing as the solid, materialistic Universe that you are all so convinced is here in your reality. It is that you are interpreting it through your senses, and, therefore, it is that experience for you. That's why some see the spaceships, some don't. It depends upon what vibrational level of interpretation they are at. And those that see them swear that they are there. Large numbers of them swear that they have had those actual, real life, physical feeling, materialistic experiences. But the masses are not having those experiences. You have yet to dig up those spaceships in your gardens, or find those little bones in your soil. They are not there for all to interpret.

Want to take that a little bit further? There are other experiencers of life sharing your same space, vibrating on different frequencies, and it is only rarely that you intertwine. Because you have set your dial at 101 FM and they are on 98.6, so to speak. So you are zigging while they're zagging. It's all working out very well.

Q Parallel Universes.

A Another way of saying it. Be nice to be a real estate agent in both. You'd get double listings on every street. (Fun!)

Q Thank you very much.

A Did we get to where you are going? [yes thank you] Taking thought beyond that which it has been before, truly.

**How do humans appear to Abraham's sensors?**

Q Thank you Abraham. I think this follows up along what we've been discussing. When Abraham, you are not utilizing Esther's perceptions, how do humans appear to you? Is that possible to explain?

A It is. Sometimes humans will ask us what our experience is like when we are not focused in a physical realm. And we are always delicate with our choice of expression about this, because you are so oriented to your physical senses, you would feel lost without them. So when we say to you, we have not eyes so we do not see, your assumption is, "Poor Abraham is blind, must be hard." We have not ears so we do not hear. We do not smell, we do not feel, we do not taste. But we have vibrational sensors that are beyond those senses that are ultimately even more satisfying, but that's hard for you to get your thoughts around.

The other thing that really speaks more accurately to the essence of your question is, *we do not need Esther's eyes to see physical realm*. Because we can see through the eyes of the tree, through the eyes of the frog, through the eyes of the masses, through the eyes of the satellite, through the eyes of the ant. Now, those are good eyes there, those ant eyes. You get a sense of what we are talking about?

In other words, when you are vibrational perception, you can perceive infinitely, intricately, vastly. And so, we're not limited to Esther's eyes. Anyone who is Nonphysical has the ability to express in the physical. Now, perhaps the easiest way for you to hear that would be, as a physical human, you can at the same time be an accountant, a boater, a bowler, a tennis champion, a father, a brother, a real estate agent in one Universe. And you are rarely doing all of those things at the same time. You are multi-faceted, and you have many different places that you could turn your attention, and one does not need to detract from the other.

Your Inner Being, or the Abraham that you are referring to, we can simultaneously experience many things at the same time—because we are multidimensional in our now perspective. But you see, you have to understand Abraham is not a singular Consciousness as you feel that you are in your singular bodies. Abraham is Collective Consciousness. So there is a Stream, or River, of Consciousness. As one of you asks a question, there are many, many points of Consciousness that are funneling through what feels to be one perspective (because there is, in this case, one human who is interpreting or articulating it), so it appears singular to you. While *we are multidimensional and multi-faceted, and certainly multi-Consciousness*. Not easy to get your thoughts around, we know.

You are accustomed to looking at yourselves as individual clumps. Esther can feel it more readily than she can express it. Sometimes you will ask a question, and she can feel by the power of your question, a Stream of Consciousness pouring through her that feels enormous. And it feels to her like there are not enough words, or enough time, to express the fullness of all that she is receiving. She told Jerry this morning, as a question is unfolding, she can feel all this Consciousness sort of clicking into place. And as it unravels, while she has no conscious awareness of what direction it is going, it feels to her like a huge vortex is opening while information is funneling in. She said, "It must be a bit what the computer feels like when it is downloaded with information. And then the information streams forth in more linear fashion for the human eye to behold." And so, did we get to the heart of what you are asking, or is there something left undone?

Q Well, I'm not sure. You might have answered it, I just don't understand it.

A We have that trouble, yes.

## **Differentiating the Consciousnesses of trees, ants, humans...?**

**Q** I'm wondering if... What differentiates between the human form and the tree or the ant? How can Abraham tell the difference?

**A** Good. The Stream of Energy that you call Life Force, or God Force, or Consciousness, streams forth into everything. Let's back up even further than from the tree, and let's talk about Consciousness and its vastness. The thing that makes Consciousness interesting to Consciousness, is a point of perceiving. So the cells in your body have Consciousness, and they have perception. In other words, they are doing their work and feeling satisfaction in it. The clam, we talked about yesterday, is Consciousness, finding harmony, balance between desire and allowing. The dog or the cat or the frog or the tree is Consciousness. The human is Consciousness. So what sets this Consciousness apart is the intent of the Consciousness.

## **All Consciousness is perpetuating support of humans.**

How do I separate the me that I might call in Esther's human form Esther, how do I separate that Consciousness from the Consciousness of the millions of cells in her body? They have different intents. In other words, the human Consciousness has come forth as creator. The beasts have come forth more as balance to vibration. All Consciousness that exists in your physical realm exists for the perpetuation and support of the creative human. You are creator. Now we really want to talk about this, because it helps us to explain even more clearly this balance of vibration that we were talking about on your emotional meter.

We want to bring you back to the awareness that there are two things that you, as the extension of Nonphysical Energy, and as creators who are utilizing this Nonphysical Energy, are wanting to understand relative to the Energy. First, how much of it am I summoning? Second, of that which I am summoning, how much of it am I allowing? So now, let's talk about the beast. Let's talk about the dog or the cat or the frog or the squirrel. And we know they differ somewhat, we'll talk about that if you want to, but let's talk about the beasts in general.

The beasts of your planet, as they have exposure to contrast, have some desires that are focused. But their desires are not very intricate. They're not very sophisticated. They are desires that are rather central and general to their existence. So, as their exposure to their experiences produces desire within the dog, or within the frog, and the desire is the desire of joyously surviving. In other words, it's not about never dying. Because there is always survival. And the beast knows that. The beast understands that there is not death. So the beast is not all hung up and pushing against any of that. The beast is just living in the moment, and letting the contrast... When the beast is hungry, hunger is pulsing, and the Universe supplies. All that is asked is always given.

So, the difference between the beast and the human, is that the beast, as it is exploring contrast, is producing less sophisticated desires, but the beast, in its less sophistication, is not pushing against anything. And so, there is literally, usually, not always, because once beasts are domesticated they start to act more like you. But usually, the beasts are offering no resistance to vibration. So the contrast of their experience causes them to summon, and as they summon they allow, and that's why you, as you observe them, say, "Well, the beast is acting out of instinct. Or the beast is guided from a Guidance System that we do not understand." And we say, you all are. You, even more than the beast, but the beast is more allowing of it.

So now, let's strike the biggest difference between you the human, and the beast. The beast desires with less specifics—but offers almost no resistance. So the beast lives in a place of balance, actually more balance than most humans.

So what is the difference in the human? Well, the human is exploring more contrast, and in your more complicated nature, you are defining more specific desires. So you are a more specific summoner of the Energy. But in your awareness of contrast, you are also, often, less allowing of the Energy that you are summoning. That's why humans have heart attacks and strokes and all that kind of thing, and beasts rarely do, unless they've been in the presence of one of you, and have picked up on all of your stress factors. You will never find a beast, in the wild, stroking.

So, all Consciousness perceives, all Consciousness produces desire. The human is producing the more specific desire. So, you might say that the human is the fine-tuning creator of the Universe. Now, it would not be fair to say that the beast is not a part of all of this. Some of you, we can feel the question even bubbling forth now, "Well then, of this Consciousness, which Consciousness chooses to be the tree? And which Consciousness chooses to be the frog? And which Consciousness chooses to be the dog? And which Consciousness chooses to be the human?" And we say, Consciousness is all that.

When you ask how Abraham sees, could you feel that what we are saying to you is, we are present in all Consciousness? In other words, Consciousness is not limited to one or the other. Consciousness is choosing some of all of that. In the same way that you are choosing to be a bowler, and an accountant, and a father, and a brother, and a lover, all at the same time. It is not either/or. Consciousness is experiencing all of that. And on the leading edge, on the culmination of all Consciousness, all Consciousness in all of the Universe is human on Planet Earth. Do you understand what leading edge Beings you are? That you are the leading edge of the Nonphysical Soul Energy, that you are the leading edge of all of the Energy that is expressed in physical form? In other words, you are the unique, specific culmination of all worlds, here focused. And few of you have any sense of wonder, or pride, about the power that is you. Because you've come to believe in your separation, rather than in your wholeness.

Your questions are really wonderful questions, because you are asking for understanding of the wholeness of who-you-are. And the reason it's hard for you to understand what we're giving you here, is because you cannot perceive all of those levels of your Being. Your Being is wired (that's not the best word), but you've been pre-programmed (that's not the best word either), you have been predisposed, you came forth with the intent to be this personality that thinks and perceives. You did not plan to lay in bed and worry about your heart pumping, or about the blood moving through your vessels, or about your metabolism of food. You did not come to think about the metabolic processes. You came to use your eyes and ears and nose and so on, to perceive beyond that which your physical body is. Other levels of you, at other levels of your Consciousness, are dealing with all of that. Good. We got there, didn't we?

Q I believe so; I'm really pumped after hearing that. Thank you.

### **What causes one's separation from Well-Being?**

Q Abraham, what causes separation that you just talked about? The belief that we're separate?

A Yes, it's an interesting thing. Because... Did you hear her? What caused the separation that we were talking about earlier? The thing that's really interesting about that is, that the thing that is at the heart of the separation is also the thing that is at the heart of the expansion of the Universe. And that's why you said, "Well, I'm willing to go forth and risk separation for the idea of expansion." You said, "I have a Guidance System within me that I think will not keep me from the separation, but if it does, it won't really matter, because the separation would only be temporary, anyway. Because once I croak, I'll be back in full complete form." And so, you said, "This doesn't look too risky, I'm willing to go forth."

Now, here's what we mean by all that we just said. So you're standing in this contrasting experience, and in it, there is that which is wanted and lack of it. And that contrast is necessary... Let us begin in a different place. As creators, what you are, are focusers of Energy. And the way you focus thought is through decision or desire. You've actually felt that focus process within you. Have you been in a situation where you couldn't make up your mind, could go this way, could go this way, could go this way...? Feels awful, doesn't it? And then, when you decide, don't you just feel things "click", lining right up? Don't you feel your Life Force return? Don't you feel power coming back into you?

Esther is laughing as she is driving, Jerry is navigating, or back-seat driving, as Esther says. And as they are moving down the freeway, Jerry is watching the map and Esther is coming to the place and she is not knowing whether she's supposed to go that way, or that way. And she'll say, "This way or this way? This way or this way? Quick, I don't have much time, this way or this way?" Terrible feeling. And sometimes, if he doesn't get there quick enough, she'll just say, "I've decided, we're going this way." In other words, at some point you just have to decide. You can't leave things undecided. And so, that's what we're talking about, the deciding factor is the aligning of Energy.

So, here you are in this contrasting experience, where there is that which is wanted and lack of it. And all of this contrast is there and necessary for you to formulate your decision. Your decision—which is the summoning of life. When you decide... When you are nebulous, Life Force is limply blah, blah, pumping through you. It's sort of like, only the cells of your body are asking, and that's the Energy that's coming. But when you, the thinker of this mechanism, comes to a clear, precise decision about something that you want, then you pointedly summon Life Force through you. And it is delicious when you do that.

What causes the separation, is when you... You see, your Inner Being in its awareness of contrast, is always looking at contrast, concluding quickly what is not wanted, but then immediately identifying what is wanted, and then saying "yes" to what is wanted. And in the yessing, there is no separation. But if you are human, and you are seeing the contrast, and you are seeing what you don't want, and you're shouting "no" at it, and then you're seeing what you do want and you're shouting "yes" at it, but you are shouting "no" about as much as you are shouting "yes", now, you are concluding contradiction within your vibration. It is that pushing against what you do not want, that is primarily responsible for the separation of you and...

Separation is always indicated... This is the most important part of what you are asking about here. This is the answer that we want to give you in response to your important question, *separation is always dramatically indicated to you by negative emotion*. Because... Think about what negative emotion means. Negative emotion means, "I've been looking at stuff, and I've seen stuff I don't want, and I'm shouting 'no' at it. I don't want that. I don't want that. I don't want that. I don't want that." Well, what do you know that saying "no" does? "Every time I say I don't want that, actually what I'm doing is saying come to me, this thing I do not want. Come to me, this thing I do not want." Yes to this—that comes. No to that—that comes.

So, the more things I'm looking at and shouting "no" to, the more of that I'm including in my vibration. So the more my vibration is becoming like that. My natural vibration is like this. So here I am, I wake up in the morning or I'm born anew, and here I am vibrating Pure Positive Energy. My cork floated while I slept. And then I wake up and I say, "I don't like that. Well, I don't like that either. I really don't like that. No, no, no to that. No, no, no to that. No, no, no, no to that." And before I know it, I have included so much of that stuff I don't want into my vibration, that my vibration is now there. And in that lowering of vibration by including things of lower vibrational nature, I am achieving separation from the higher vibration.

The good news is, in the moment that I take Jesus' advice, or so many of the masters' advice, and I turn my attention away from whatever it is that has lowered my vibration, my cork floats right back to the surface. In other words, your natural vibration is up here in this high, pure, positive Energy place. So separation is caused by the same thing that causes expansion of the Universe—exposure to contrast. But expansion of the Universe occurs...

Now, let's make this complete. So the contrast exists, and whether I allow myself to... Begin again. Contrast exists. Nonphysical Energy is flowing. As the contrast produces a rocket of desire within me, that desire summons Life Force. And the Universe is expanding because that desire exists. Whether I ever get in vibrational harmony with that desire or not, I have contributed to the expansion of the Universe. I have allowed myself to peruse contrast, and in doing so, I have done the most important thing. I have given birth to a rocket of desire, and the Universe has expanded because of my perspective, my perception.

Now, where we're wanting to help you all is, we want you to now benefit by this that you have done. Which means, we want you now to get in alignment with the rocket of desire that you've produced, so that you can receive the benefit of your creative endeavor. Who gets the credit? The masses who are out there suffering, giving rockets of desire, who are producing the question which is summoning the answer? Or someone like Esther who's in vibrational harmony with the Energy of the answer who receives the answer? Many would say, "Oh, Esther is the blessed one. Because she is the receiver of all of this important information." And we say, she would be receiving no information if there were not those exposed to contrast that are producing desires that are asking.

That's why we say, we are all in this together. We are all playing our part. That's why we're saying, we're all one Consciousness with many perspectives, all adding to the whole. And any particle along this chain of Consciousness, even the clam, who's in vibrational harmony with its own desires, is in the perfect vibrational place. And only the human achieves separation from the Stream. How about that?

So, does that mean you're bad? No, that means you're good. That means you're out here on the leading edge. That means you're more complicated in your experience. That means you're exposed to a higher level of contrast. That means it matters more. You're getting it, aren't you? Very good.

So, as you are standing in your physical bodies, you cannot help but be an extension of Nonphysical Energy. And the better you feel, the more you are allowing the Source Energy that is natural to you to flow through you. The worst you feel, the less you are allowing the Source Energy that is natural to you to flow through you. The more you allow exposure to contrast, the more rockets of desire will be born. Each of you must find your individual balance with all of this. In other words, we would not say to you that it's better to expose yourself to greater contrast in order to produce greater desire, if the exposure to the greater contrast is producing more resistance within you. In other words, great desire with lots of resistance within you is a gift that you're giving to the Universe, but it's not necessarily good for you.

We would like you to remember your selfish impulse, which is to feel good. So if your dominant intent is to feel good, you always stay in balance. There is a triad of intentions that exists in this Universe of which you are an extension of. And those three, dominant, powerful, equally important intentions are freedom, and growth, and joy. The basis of our Universe is freedom. The goal, from your human perspective, is joy. And the result of it is eternal expansion. Good time for segment of refreshment. We are complete.

### **Low self-esteem, and separation from Well-Being?**

**Q** One question I have is, how can you help somebody gain self-esteem? Somebody else. Let's say somebody's used to getting approval from others, and that's how they help themselves feel good. How can we help somebody else gain their own self-approval, their own self-esteem?

**A** Well, the best way is by teaching through the power of your own example. There is not anything inappropriate about appreciating being appreciated. In other words, it's a wonderful thing to have someone loving you. But the uncomfortable side of that is that if you are dependent upon their attention for your connection, then you become very hard to deal with. Because now, you are needing to be their attention, their only attention, all of the time. And so, often relationships begin that way where you are giving each other your undivided attention, and then your life continues to call you, and then it is uncomfortable to have to give all of your attention to each other.

What we would do if we were standing in your physical shoes, is if it is someone like a child, or a mate, or someone that you have lots of ready access to, we would verbalize our awareness of our own connection. When we are feeling really, really good, we would acknowledge, "Hmm, I feel really full of myself. I must be in vibrational harmony with who-I-really-am." Now sometimes, those words feel uncomfortable to you, in which case you would find words that would be more easy for them to hear. But the point you're wanting to make is, "When I'm well connected to who-I-am, I feel great. And when I'm not, I don't feel so good."

So, for example, if you are not feeling very good, and you are with your children, or with your sister, or with your mate, or with your co-workers, you might say to them, "Pardon me, I'm feeling pretty rotten right now. I'm going to go off by myself and get reconnected with my Source. And when I get feeling better, I'll be back." And then, we would go off into another room, at least, and meditate, or breathe, or focus upon some pleasant thought until we feel that relief that is the indicator that our resistance has lifted, and then we would take ourselves back where it would be evident to everyone that we are feeling better. And in doing so, what you're saying is, "I'm dealing with this on my own. I'm not asking you to stand on your head to coax me back into my connection. I'm understanding that my connection is a personal issue between me and Me."

### **An awful thing can't happen to a happy person.**

And, if you are honest about the way you are feeling... Someone asked us recently, "What does Abraham think about children swearing?" And we shocked the audience a little bit by saying, we're all for it. And there were some disapproving participants. And we said, well one thing about it is, when you are expressing with your words what you honestly are feeling, at least you are giving other people an accurate understanding of *Law of Attraction*. If you're feeling

rotten and you're pretending to feel good, you're not giving anyone an accurate depiction. And so, *when people are pretending to feel good and bad things are happening to them, then it is very confusing to those who watch, because they don't understand how such an awful thing could happen to such a happy person.*

*And we say, an awful thing can't happen to a happy person. In other words, you are always a Vibrational Match to whatever is happening.* So you really cannot answer questions that are not being asked. If somebody's not asking you, then your words are, for the most part, wasted. But through the power of your example, often they can observe your deliberate, conscious connection, and that's the best way we know.

### **Moving, from resistance, up the Vibrational Stick.**

Q The second question is, there seems to be a fine line between releasing resistance and ignoring it. On the one hand, you seem to say, just turn the other cheek, just ignore it, but yet wouldn't it be better to somehow release it, because it's still there? It's still there, and I sense that you're saying if you're just so far affected by this, whatever it is, that you just can't be anywhere but in a bad vibration, then you should ignore it. Otherwise you should be releasing it.

A You are making a very good observation, as you are noting the important difference between ignoring and releasing. Here's the way we would approach this. Let's say that you have a very strong belief that is contradictory to something that you want. Let's say you want wellness. You want a vital good-feeling body. But you come from a family that didn't experience wellness, and you have a very strong fear of illness. You want wellness, but you fear illness. And so, every time you think about it, you feel negative emotion. You feel strong fear, when you see the television commercials where they are telling you all of the warning signs about one thing or another. You actually feel fear within your physical body. You have a general overriding uneasiness about your physical well-being.

You go in for medical checkups on a regular basis, always fearful that they may find something, or that you'll hear those terrible words like cancer, or something that is so uncomfortable. And so, when we say to you, ignore that thought, what we're saying is, rather than focusing upon the illness which is going to make you feel negative emotion, turn your attention somewhere else. And what you are saying, and you're accurate in it, is "Well, if I turn my attention somewhere else, have I really changed my vibration, or am I not just as likely to go back to that fearful place again?" And we say, you're right, you are. Unless you actually do the work that causes you to leave your vibration in another place, that vibration is where you last left it. And just ignoring it is not going to do anything about it.

But at the same time, what we've noticed is, that if you in that moment of that strong, strong fear, you look at it and try to deal with it, usually you don't do anything other than hold yourself in the vibration of it longer. So this is the distinction that we would make to your very well articulated question. If this is an issue that life is going to keep bringing up to you over and over and over again, it is a good idea for you to, little by little, take the bull by the horns, so to speak, and move your vibration. As we said yesterday, move your vibration up the stick until you begin to feel better. If it's something that is coming at you dramatically... And ultimately, that's what you are wanting to do with any vibration that comes to up. In other words, if something is bringing you a lot of negative emotion, that means there's a lot of stimulation in your now environment that is causing you to vibrate in a place you don't want to be.

On the other hand, there are all kinds of vibrations within you that are absolutely dormant—until you give your attention to them. And so, most people believe that they have to dig into their psyche, or dig into themselves, and really work through all of those issues of the past. And we say, that is really overkill. Instead, let your emotions guide you. And so, rather than trying to cut yourself open and take out all of the thoughts that you commonly think, and sort them into the good pile and the bad pile, which is a very painful process, and usually the patient does not survive very well at all when you do it, what we would do instead is, we would just begin making the statement, *nothing is more important than that I feel good*.

And in doing so, any time you stumble across a thought that is dormant, or not so dormant, that is reactivated, that brings you negative emotion, at the time of that negative emotion, then look at it and say to yourself, “Well, I know what I don’t want. What is it that I do want?” And in approaching what you do want from the vibration of what you don’t want, you can often move a little bit up the vibrational stick. We’ve offered endless processes that are all pointed toward that same thing. At one time, we were calling it Pivoting, where if you know what you don’t want, then you certainly know what you do want, and talk about what you want and why you want it. And hold yourself in the vibration of what you do want. That always shifts vibration a little bit.

We’ve talked about the Focus Wheel, where when you feel negative emotion, you clearly know what you don’t want, so what is it that you do want? And when you know what it is you do want, then make a series of statements and write them on a piece of paper. Draw a circle in the center and write your statements that make you feel better. In other words, try to find a belief that somehow matches what you do want, and make a series of those statements, until you can feel yourself actually feeling better.

[Jerry: This is the end of side A of this recording. Please turn the cassette over and continue with the message.]

A In other words, try to find a belief that somehow matches what you do want, and make a series of those statements, until you can feel yourself actually feeling better. Today we are talking about moving up the Vibrational Stick. In other words, what we are really talking about is, when you feel negative emotion, what you’re reaching for is anything and everything that makes you feel better from that negative emotion. And so, if you’re able to ignore it, sometimes that’s the best way to go about it right now. But ignoring it does not necessarily change the vibration of it, so likely it will come up again and again. And if you have recurring negative emotion over a similar issue, then this is advantageous for you to shift the vibration.

That’s one of the reasons that, so often, you want to get off by yourself. Because when you are off by yourself, it is easier for you to maintain a positive vibration, than when you are in combination with lots of other events. The more exposure you have to the more people, the more likelihood of finding something that you feel negative emotion about. So ignoring sort of sounds like bringing myself deeper and deeper into my solitary corner. And that’s really not what we’re wanting to do. We would far rather than you were able to stand out there and approach the entire world from a vibration that is so stable, that you only have vibrational access to the parts of the world that you are really wanting to participate in. And, we call that Setting your own Tone.

So now, we want to tie this ignoring back in. Let’s say that you wake up and you’re feeling rather good. You’re refreshed, you had a good night’s sleep, you had what Esther calls sweet dreams, you are feeling very good about your life experience, and then you get a phone call. And the phone call really doesn’t have anything to do with your life; it has to do with their life. But you talked to them long enough that you included that in your vibration, and now you’re

not feeling nearly as cheerful as you were. Your vibration has substantially been influenced by your caller. Now you've got a choice. You can stay focused upon that, you can worry about it, or you can ignore that and give your attention to something else. And in truth, these are all about choices.

In other words, the dealing with it sounds like, "Well, it's my job to get out there and deal with what's happening in the issues, or in the experience of the physical human experience. It's my job to deal with those, and once I deal with them, then I will feel better." But the trouble with that is, you can't deal with all those issues. In other words, you can't deal with what your friend is calling you about. You can't deal with what's happening in an earthquake zone across the world, or in a war zone across the world. These are not issues for you to deal with. You get what we're talking about?

And so, what it really comes down to is, "I am a vibrational receiver. And I get to set my vibrational tone, and whatever I choose, whether I am basing it on what I am observing in my now, what I'm remembering from my past, or what I'm imagining from my future, whether I'm choosing past, present, or future, what I am choosing to think about is what is causing my vibration and therefore my point of attraction." And so, we think the habit of ignoring what doesn't feel good is a pretty good habit. It's not your job to fix all that stuff. That would be like saying, "Well, I've lived 50 years, and in those 50 years I've had a lot of hardships. And now I have to go back and work out all of those hardships in order to approach life."

And we say, well, you could clean up your vibration a bit by doing that, but the whole time you're working through all of that, you're holding yourself in a vibration that you don't have to hold yourself in. Why not stand right here in this fresh, new place, and let that contrast do its work? By knowing those hardships, you had your rocket of desire. All you've got to do is focus on the rocket of desire, and let that imagination set your new tone. And if you do that enough, that vibration will dominate. In other words, it's about choices. Which thought feels better, this one or this one?

"But Abraham, you don't understand, the desk clerk was really rude to me." That wasn't the question, which feels better, this thought or this thought? "But Abraham, don't you think somebody should write a letter or do something about that? You really think that that should be allowed?" Esther, that's not the question. The question is, which thought feels better? Which thought in all of the myriad of thoughts that you have to choose from about your life, or what you've observed, or what you've lived, what you're now living, what you will live, of all that myriad of thoughts, why not just choose a thought that feels good? "Well, because I'm a realist, and a realist says, I've got to wrestle that problem to the ground, and I've got to fix it. And if I do it, I've done good work." And we say, all you've done is let that problem be your excuse to not vibrate where you now want to be. Good. [Excellent, thanks] We thought so too.

### **About love, intimacy, and an ideal marriage?**

**Q** I would love to hear your definition of love, intimacy, and the ideal marriage. Three different ones.

**A** Love is an interesting vibration. When we feel the vibrations of the humans that we are acknowledging, the vibration of appreciation, and the vibration of love are identical vibrations. But when we commonly hear a human expressing the word "love", they are usually nowhere near that vibration. Because when most humans pick up the stick called love, they're vibrating on the end where there's not enough of it. Because most humans, when they are approaching the

idea of love, are thinking about the love that is being funneled to them by others, rather than the love that they are expressing through their appreciation of others.

*The purest form of love is the one that any perceiver projects in their choosing the vibration of appreciation as they hold something else as their object of attention. So what we would say about love, the most important thing we would say about that is, rather than running around and wanting someone to love you, if you would instead try to find something to love, when you are loving, then you are in the vibration that allows the full vibration of your Source Energy, who adores you, to flow to you. In other words, the feeling of love is being in vibrational harmony with your Source. That is the highest vibration that we know.*

*So, if you are criticizing someone, then you are holding yourself in a vibration where you then cannot be the recipient of the love that your Inner Being is always offering to you. And that's why to find something, anything to love—even a kitten—any time you are in the mode of appreciation, your vibration is then allowing the full love that you deserve to flow to you and through you.*

Q Intimacy and ideal marriage are the other two.

A Intimacy is an interesting thing, because what we notice is, most physical Beings identify intimacy with the human touch. In other words, it has to do with the interpretation of vibration through the organ of the skin. And *what we feel about intimacy, we said this earlier today, you are far more communicating through your vibration than you are through your words or through your action. And so, the greatest intimacy is in that vibrational alignment.*

*Esther has discovered through her interaction with Abraham, that when she is in vibrational harmony and allowing Abraham to flow through her, there is more aliveness, more sensuality, and by sensuality we mean all senses are more highly activated.* What she sees is more beautiful. What she hears is more thrilling. What she tastes is more delicious. What she smells is more intoxicating. What she feels is more sensual. In other words, all senses are heightened through that connection to core Energy.

Someone said recently, “Abraham never gets off the stage and shakes hands with anyone, or embraces anyone, or holds anyone, or touches anyone.” And Esther said, “There is an intimacy beyond anything that I’ve ever felt that is taking place on an Energy level.” She said, “It’s sort of like having a hug from the inside out.” Have you ever had an experience, a sexual experience, or an intimate experience with another physical Being, where you felt very little, in fact, it almost felt annoying to you, as compared to those experiences where you just cannot get enough of it? You feel like you are wanting to move inside of each other, eternally. And what that is all about is your vibrational harmony.

In other words, if you take the time to come into vibrational harmony with your Source, before you come into physical contact with any other, then the experience for each is an intimacy beyond anything that you’ve ever known. But if you are in your place of disconnection as you come together, then it is something else altogether. That’s why so many are understanding that they are wanting love, what they call love, in intimacy. And we would rephrase that to say, when you have connection combined with intimacy, there is no greater satisfaction in all of the Universe. Now, are we getting anywhere close to what you are reaching for?

Q This is all awesome, yeah.

A One of the things that we notice... There is an author in your time that has written a book some time ago called *Think and Grow Rich*. And he was talking about vibration, while he was

not expressing it with the preciseness that Esther is here. And he had a chapter in his book called “Sexual Transmutation”. And it was the part that when Jerry taught the course he always left out, because it was always a little embarrassing to get into that place with other humans that he did not know. And we explained that the reason that he was writing about sexual transmutation, is what his point was, is that when you have a desire that is as compelling as this sensual, sexual desire that is born within you, then you understand what true passion is.

True desire flows like that. And there are few topics in your physical environment where you understand that compulsion as powerfully as when it relates to your sexuality. Sexuality or sensuality, while in combination with connection to Source Energy, is divine. And anything else is far less. What more?

### **The ideal marriage?**

**Q** Ideal marriage. Can you describe it? What would be an ideal marriage?

**A** From our perspective, an ideal marriage would be one where two Beings have, before they came together... We’ll qualify that in just a moment, because that’s going to leave most everybody out. (Fun!) But you asked for ideal, so we’ll speak it. Where two people, before they came together, have individually come to understand the value of selfishness, to the degree that they are willing to reach for the thought, word, or action that connects them, first and foremost, to Core Energy. So that each partner is giving the whole of themselves to the other. Not just the physical disconnected part, but the part that is the extension of the Source Energy.

So, two people who come together who are fully connected, that then join together, not on all topics, but on some topics where they are collectively co-creating. There is nothing more delicious than two Beings coming together in their full expansive connection, and joining together in ideas of creating together. It is the ultimate co-creative experience.

Now we said we’d qualify that a little bit. Any two people who come together, whether they were connected to Source Energy when they came together or not, still have the opportunity to get connected to Source Energy. And so, of course, if two are consciously, deliberately connecting, and then having the relationship, that is the ideal experience. But if you can’t convince your mate about what you know, it’s not so serious, because one who connects to Source Energy can find balance with anyone else.

*Ideal is, two connected, who know they’re connected, who know how they’re connected, who know why they’re not connected, who know how to get back into connection to Source Energy anytime they want. The ideal marriage is one where each individual takes full responsibility for the way he or she feels, where they are no longer using the other’s behavior as their excuse for not being connected. It is what true unconditional love is. It is where you are saying... Your marriage vows would go something like, “Hey, I take full responsibility for the way I feel. And I will never hold you responsible. No action that you ever offer will be my excuse for not feeling good.”*

**Q** Excellent. Thank you very much.

**A** Yes indeed. What more?

### **Deadline dealing without taking score too soon?**

Q And there are some things that I'm very interested to be part of, that have qualifications to participate. So it has that time factor involved. And how to be able to line up, so I don't take score too soon. I think that is my question. So I'm able to continue movement.

A Well, we would soften our resistance by saying things like, "In this Universe there are no timelines. There are no deadlines. I can have whatever I am wanting." In other words, here is what really is at the heart of your question. When you are... Remember that your goal is to be pure in your vibration. And what we've noticed, as we watch you, is that usually you are purer in your vibration in your more general statement. But, there is nothing more delicious than to be really specific and pure at the same time. But if you've got to take a choice between specific and pure, or specific and not so pure, and general and more pure, we would take the general every time. Because the purity is what matters most.

So for example, if you say, "I have to achieve this much business in this block of time, in order to qualify for this thing that I am wanting," that is very specific. But you can feel by the knot in your stomach that while you want it, there is doubt. Or while you want it, you don't think they're going to do it. So your vibration is not very pure. Where if you would step back from the specifics of that, and say, "Well, if not this time, some time. And eventually, I'm going to do that. And I know that that is part of my future. And I know how wonderful that will feel when I get there. And I don't have to do it this red hot minute, there's a lot of leg work and ground work that I'm going to do in the meantime, and what fun I'm going to have in the bringing of all of this together. And it doesn't have to happen right now, but it is going to happen. I know it's going to happen."

Now your vibration is pure. You've opened a huge vortex, and all kinds of things begin to move for you, because you took the deadline off of it. There are all kinds of people that believe that they have to motivate you with deadlines. Esther says to Jerry, "I shine in a crisis." And she does. And because she likes to shine, she creates crises. Not big ones, but we say to her, what this is all about really, is that the crisis causes you to focus. And when you focus, big things happen. And so, you tend to want to make the crisis, because you like the feeling of focus, and you like the feeling of that stronger Energy flowing through, you see.

And so, there are all kinds of people that have learned that that's how they motivate you best. They inflame your awareness of what you don't want in order to try to get you focused on what you do want. And by trying to get you to focus under these timelines, they think they can make it happen better for you. And, sometimes, it works for people who have not been focusing at all, but usually it backfires, because in the moment that you say, "I'm going to do it now, or I'm going to do it in this specific time," what happens is the belief factor comes in and just waters the vibration down so much, that then, not much happens at all.

You would be far better off to say, "I will do this and I will love every step along the way," rather than saying, "I'm miserable in my now, and I'm going to leap over there." There is a big problem in your vibration when you say, "Here I am, and it's not enough, but when I get over there, then I'll really be happy." Because there's contradiction in your vibration. What you're saying is, I want something from a place where I'm not vibrating. Where if you say, "Here I am, and this is a fine place too, and there is where I'm going, and I'm going to love being there. But mostly, I'm going to have fun in the process of getting from here to there." Now there's no resistance within your Being.

So, what you're wanting to do, and this is really the point that we're making in several efforts of expression in this gathering, we're wanting you to realize that the contrast naturally produces the desire. And your attention to what you are wanting will give you a joyful,

comfortable feeling. And when you are in that place of joy and familiarity, then it must manifest. But in the moment that it manifests, there's something else that you are experiencing in terms of contrast, and another new desire is going to be born instantly. In other words, you're never going to get it done. You keep thinking, "Well, when I jump over there, then I'll really be satisfied." But you won't be. Because as soon as you jump over there, then a whole new set of contrasting experiences are going to jump over there. And then, you're going to want to jump over there. And then, you're going to want to jump over there. You're never going to be content with where you are. It is not the nature of the way the Universe is working.

So, when you finally get that, that you're constantly going to be in motion, and that the name of the game is the joyful motion, it was never about not liking this and getting to that. It was always about this leading me to that, and enjoying the journey to that—understanding that it's a continual journey that will never cease.

Can you feel how at odds your vibration is when you say, "I have a goal and I'm going to achieve it," than when you say, "I have a goal that breathes life into me." Feel the difference between saying, "I'm glad I've got this goal, because it helps me focus, and it draws Energy through me, and I love to feel my motion forward along the way," and saying, "I've got this goal that I've got to achieve by a certain time." Understand, love your goals. Let your goals be the life-giving thing that they are, not the unfulfilled thing that you're striving for. Let your goals give you life, rather than make you feel unfulfilled because you haven't achieved it.

So if somebody says to you, "Did you make it?" You say, "No!" They'll say, "Well, why are you so happy?" And you say, "Because it still exists out there as the focal point that is calling life through me." "But you mean you missed it? You didn't make it?" "No! It's still out there, just like it has been, calling life through me. Getting bigger and firmer and clearer. I am so grateful that I have this goal!" "But you didn't make it? You didn't achieve it? You missed it? You're not part of that yet?" "No! It's still all before me. I'm still joyously in the process of achieving the goal." "You see, what you don't understand," you say to your friend who doesn't understand, "the goal is what causes me to focus, which causes the Life Force to be summoned through me. And as soon as I achieve that one, they'll be another, and another, and another, and another. But I am glorious in my now as I am moving toward what will always be my future experience."

Lifetime after lifetime after lifetime after lifetime, you say, "Let me have the delicious contrast which gives birth. The nugget is the desire that is born out of the contrast. It is not the manifestation of the desire." Now, we know you don't like the sound of that, because it sounds like we're trying to talk you into visualizing and out of manifesting. We're not at all. We want you to have all of these glorious manifestations. And we say to you, you cannot not have all of these manifestations. They must come to you when your Energy is aligned. But if you are hung up on the manifestation and not enjoying the journey, the manifestation won't come, and the journey isn't fun either. Good. What more?

### **Passionate about music and teaching this stuff.**

**Q** Abraham, you've said many times that we are teachers, and I assume when you say you are teachers, you mean us specifically, more than the whole human race.

**A** Well, we do mean it in that way. Those of you who are gathering here, just like those streams that we are talking about, by *Law of Attraction*, the reason that you are here in these relatively small numbers, is because the intensity of that which you are about is about teaching.

In other words, the Family of Teachers that comes forth from Nonphysical with the intent to teach in the physical experience, is smaller than some other families. However, there is not anyone in the Universe, and certainly not in the physical experience, that is not both student and teacher at the same time. In other words, you cannot cease to come to greater understanding by exposure to what is around you. And so, both are really true. What brings forth your question?

Q Well, I've always had a real strong desire to teach. Well before I encountered your teachings, I was reading the Seth books, just like what Esther and Jerry did. And I wanted to teach that real bad. I felt there's two things I'm passionate about, music and teaching this stuff. And learning it enough to teach it. And I feel like learning it, for me, is almost secondary to learning it to teach other people. And I just have this... It's, like, down in the core of my Being, I've known it since I was a kid. And you touch on it occasionally, it's kind of like a little tidbit, and I just wanted to hear more about that. Because when you say to all of us that we're teachers, inside I'm going, "Yeah, yeah! Talk about that," because it just hits me so close. And I don't know if other people feel that here or not. But I know I do. And I used to, kind of, come down on myself, 'cause, well, I've got all these problems, "Who am I to think I'm going to teach other people? I can't even figure my own life out all that well." But as I do get these things lined up, then it becomes more real to be able to... I'm visualizing, now, really teaching this stuff. And it's starting to happen, too. I guess I just want to hear more of that from you, because it gets touched on, and we don't really talk about it in too much depth.

A Have you noticed that it's always easier to be pure in your vibration, and, therefore, a clearer receiver of information relative to someone else's problems than your own? Because their problems are not causing you to vibrate so negatively that you can't receive. Where your problems usually have you in a vibrational place where you can't receive. So don't be hard on yourself, that the things that are so close to you often keep you from being able to connect. That is a natural thing.

We talked earlier, in some detail, about all of the creatures of your time/space reality, and the important part they play in the whole. And in truth, every part of every part of that is responsible for the motion forward that we are all about. So, even if a person does not come to understand *Law of Attraction*, and they're just sort of banging around creating by default, offering vibration and not knowing that they're offering it, but still adding to the contrast, they are still contributing in a very powerful way. But, sometimes, the intensity of your intent is as you have described it, and as we have described it, in that you say from your Broader Nonphysical Perspective, "I want to go forth into this contrast, and not only be exposed to the contrast myself, and not only be an observer of many others who are exposed to the contrast, but I would like to..."

In other words, "I know," you said, from your Broader Nonphysical Perspective, "that thought will go beyond whether anybody, consciously, in human form understands it or not. Because the nature of the Universe is that contrast will naturally produce desires within them. So there's going to be all kinds of people producing desires, and the Nonphysical Energy is this grace that always answers the desire, so I don't have any... There's no effort that I have to make, as a physical teacher in human form, for that part of it. Contrast is going to produce desire. Desire of the individual is going to summon the Nonphysical Life Force. The Nonphysical Life Force is going to come forth to answer those desires. But where I can see that I can be of value, I can help those Beings understand more clearly how to then, consciously, get into vibrational harmony with the desire that the contrast has produced within them."

You see, the difference between the animal and the human is that the animal is producing desire, but not conjuring enough resistance to ever get in his own way. While the human who is more specifically out on the leading edge of thought, because you are more complicated Beings, as the contrast produces desire within you, the very contrast that produced your desire is often the very contrast that you then push against, which causes you to be in a place that you don't allow yourself the very thing that the contrast and your focus upon it has produced. So, it's sort of like you did your job of exploring the contrast, and you did your job about letting the Universe produce the Energy within you. You were a productive contributor in this time/space reality, but then you missed your own personal satisfaction about it, because you held yourself vibrationally apart from the Nonphysical Energy that is flowing through.

So then, teachers like you, and teachers like Abraham said, "We will project more deliberately to help people understand what the process is. So that those, if they are wanting to, can then bring themselves in alignment so that they can be the personal recipients of the benefit of the motion forward that they have caused to take place in this time and place." So more people are living more contrast, which is producing more desire, which is summoning more Energy. So, as more Energy is summoned, those of you who are consciously creating, you have more access to faster Energy than you've ever had. You said, "This is a creator's hey-day. It is also a teacher of creator's hey-day, because the evidence is so evident!"

In other words, "It is so wonderful to note the correlation between what I'm thinking and feeling and what is manifesting. How wonderful is it to offer thought, and offer feeling, and then consciously be aware of the manifestation, and to consciously make the correlation between 'Hey, I felt that. I can feel how my vibration attracted that unto me'." Did you say, "I will go forth and hold seminars all over the place, and I will drag people in and teach them?" No, you said. "I will teach through the clarity of my example. In other words, I will live it, I will breathe it, I will know it, and *Law of Attraction* will bring it about."

Every now and again, someone will say to Jerry and Esther, "You really should do a better job of getting Abraham out there. You should get on television, or you should get a syndicated radio program, because the world is out there really needing or wanting." And Jerry has said, and Esther is in full agreement with it, "Our work is to gather together with anyone who is willing to come and play with us, in order to take thought beyond that which it has been before. Our work is to expand the message, and *Law of Attraction* will take care of bringing those who are ready to it."

And so, what happens is, the more that this group of thinkers takes thought beyond that which it has been before, the more people are then vibrationally not up to speed with it. In other words, this unique group... There is never a crowd on the leading edge. And so, as teacher, does that mean that it is your job in this small group of teachers to go back and try to build bridges to bring all of those people up to speed? Or, do you allow their desire to do that for them, while you keep reaching for the new thought? And that is really what we mean by teaching. You keep reaching for the more deliberate, more expressed thought, and then you allow *Law of Attraction* to bring anyone to you that is ready to hear that.

Those of you who have attempted to get out and spread this word, you found out pretty quickly that most aren't ready for it, didn't you? Some are, and some are ready at various levels, but there are very few that are really ready for what you have heard and participated here in this gathering this weekend. In other words, they're not vibrationally up to speed with it. Their desire is nowhere a Vibrational Match to it. And even as we've been discussing here, there are aspects of it that each of you have been more in vibrational harmony with or not.

There is no right or wrong in this. *We do not come forth as teachers because they need to be taught. We come forth as teachers, because we are thirsty in our knowledge to understand.* Good.

## **Menopause, and cultural aspects of physical aging?**

Q My question is about aging and, specific kind, of menopause. I have friends who believe they are sliding down a slippery slope of weight gain and unlovableness, etc. and I've heard that in some cultures menopause does not happen, and that it's possibly a social construct that has come about.

A Well, in all humanness, there is an evolution. In other words, none of you look like you looked the day you were born. Remember what squatty little clumsy things you were? You were not walking, you had no hair, usually, not any teeth, you are evolving continually. And so, we would say that the biological evolution happens in all cultures. But your response to it varies tremendously. When you understand the perfection of your beingness, and you love your motion forward, then there's no resistance within your Being, and every aspect of you is pleasurable. You loved it when you were a baby, you loved it when you were a toddler, you loved it when you were a teenager, you loved it as you were coming into your relationships, you loved it in your middle age, you loved it in your old age. In other words, you love it in your physical; you love it in your Nonphysical.

In non-resistance, it is a delicious experience. But what makes your experience less delicious, is the resistance that comes about by pushing against. So certainly, it is a very cultural thing where in your culture you are taught that you are declining. We would not say... The culture that is abounding here, goes something like, you start out incomplete, you reach a place of prime, and then you begin to decline from that prime. And what we know from our Broader Nonphysical Perspective is that we are Eternal Beings always becoming more. So there is not ever a decline, it is always an expansion.

But you've got this thing called birth and death, where you are watching yourself as you are moving through the evolution of your human experience, and you choose, in most cases, to think in terms of a climbing and then a declining. So, as your society says to you, at a certain age you become inappropriate for this reason or this reason, and then you begin to push against that, that pushing against that causes a disallowance of the Life Force that would cause those experiences to be somewhat different. It is a very natural experience for you.

One of the things that most people are not addressing very much, is that in the woman, in the male too, it is more predominantly noticed in the woman, when you begin to come into your cycle of being fertile in order to conceive, the coming into that cycle is actually more difficult than the moving out of it. And most people do not even think about... When you think about ornery people, you usually think about two sets of them. They're usually teenage girls and menopausal women. And it is for the same thing as they are moving into and out of...

So, what's happening is the infusion of energies. What happens is, it's just as we were describing to our friend earlier, is that sometimes you are not up for the infusion of Energy that is occurring as a result of what the cells of your body are asking about. If you are vibrationally up to speed with your Source Energy, then whatever your cells are asking for, you are in perfect vibrational alignment with. But if you are not up to speed with the vibration of your Source Energy, and the cells of your body are asking for something that you're not up to speed with, then you have that disoriented feeling.

We think far too much is made of this. And we think that it is economically driven. And that if economics were taken out of it, so that there was not need to try to motivate from a place of lack, as we were talking about earlier, there would be very few that would have negative experience in any of that process. So, what we would say to try to soothe someone in moving up the vibrational stick to a better-feeling place... So, let's say that a woman is in this place of menopause. Her body is changing. And she is understanding that it is the nature of her Being. And she really has no personal lack in this. She is not wanting to conceive children anymore, and so, there is no great lack that is being felt there. She has really not enjoyed at all her menstrual cycle, not one time ever through all of this, so the leaving of it behind is no big loss. No one is making little tombstones and burying them in the garden over that way. (Fun!) There is no problem in leaving that behind.

So, what is the big lack that is being amplified here? In other words, someone has said to her, "You are not as much as you once were. You are less of a woman now. Or this is an indicator... Or now your body will not be producing this, you will have lack in this way or the other." There are lots of different things that people believe that this is a symptom of. And so, we would address it individually, by just reaching for a thought that feels better. And one that almost always works is, there is always someone that someone knows that has gone through that process and not experienced great discomfort in the process. Even those people in other countries that you are talking about that have different mindsets, the different mindset that they have is that there is not a large group of people trying to make them feel less than what they are, in order to get them to buy something to make them feel more than what they are.

That's why we say, it is economically driven, for the most part. Why couldn't anyone just get on the other side of anything? Why are any of us dragging our feet through the struggle of everything? It is always resistance that slows everything down. All you have to do is make a decision of what you want, give your attention there, find the feeling place of it, and you're there instantly. There's no reason for you to suffer or struggle your way to or through anything.

Any time you have physical discomfort of any kind, doesn't matter what it is, whether you call it emotional, or actually physical pain within your body, it always, always means the same thing. "I have a desire that is summoning Energy but I have a belief that is not allowing. I am summoning Energy that I'm disallowing, so I've created resistance in my body." And *the solution, every single time, to the releasing of the discomfort or pain, is the relaxation and the reaching for the feeling of relief.*

So, does it give you relief to say, "I am getting old and haggard, and my teeth are all going to fall out, and I'm going to lose the elasticity in my skin, and I'm going to become an old hag overnight?" Does that make you feel better? We don't think it makes you feel better. We think that sort of attention makes you feel worse. You're reaching for the thought that feels better. You're reaching for anything that can make you, in this moment, feel emotional relief. And if you will reach for relief, you will raise your vibration. And if you raise your vibration, you are stopping resistance. And if you are stopping resistance, you are in vibrational harmony with Source. And if you're in vibrational harmony with Source, the cells of your body can be receiving whatever they are asking for. You're in total alignment.

*You could live agelessly in these bodies. You could reach what you consider to be the prime of life, and you could hold yourself there for a very, very, very, very long time, if this life experience could produce within you enough continuing desire to make you feel eager—and if your exposure to contrast did not tempt you to push against things in a strong way. In other words, if you could summon life and allow it, you could remain in these bodies for a very long time.*

But the reason that most of you do not intend to remain in these bodies for a very long time, is that you like the idea of the fresh new exposure to life. Because there is more... So think about it. In this life experience you bang around in the contrast and lots of desires are produced, which puts lots of desires in the ethers. In other words, as a Mass Consciousness, there are all kinds of things that you are wanting. And because you are leaving, not all at once, but in, sort of, groups, leaving and coming, leaving and coming, your Mass Consciousness remains a consistency. Where when you are reborn into the physical experience, you can pretty quickly get up to speed with where you were when you last left. Only this time you have fresh new exuberance for life, and a new eye with which to explore.

We're getting back to your "meaning of life" question that you asked earlier—a new zest of life to explore this contrast that has changed significantly since you were last here. You undoubtedly come forth into a new framework with new people, with new stimulation. You're going to approach life differently this time than you did last time, but all with the same intent, of this contrast producing eternal new desires within you. Is it all starting to piece together for you? Or have we lulled you into oblivion with our endless hammering about the same thing?

### **Kansas City, MO Workshop Closing.**

It is exhilarating when you are in physical bodies, which is truly on the leading edge of thought, and your exposure to the contrast of this magnificent place that you have chosen is producing within you new feelings of eagerness with new ideas of things that you're wanting to experience. And, you've come into contact with some awareness of knowing how to bring yourself into vibrational harmony with your own desires. Life just does not get any better than that. There is nothing in all of the Universe more delicious than to be physically focused, in a human body, have plenty of things on your plate that you want, and have absolute knowledge that you can be or do or have anything. Because you get better and better at discerning and deciphering and devouring the details, the specifics of this time/place reality.

And there is nothing in all of the Universe more uncomfortable, than to be physically focused in a human body, with desires pulsing through you, that you are contradicting through your habit of thought. So the best of all worlds, and the worst of all worlds, is all happening through the human experience. And that's why the teacher that you are is significant. Because every now and again, you meet someone who has powerful desire to understand, and you are in the right place at the right time to expose them to the information that they are reaching for.

We have enjoyed this interaction immensely. It is delicious to come together with those like you, who are coming more and more clearly in every day to an understanding of what powerful, important, essential Beings that you are. If there were anything that we could imbue within you, that we could just zap you with, it would be the feeling of self-appreciation. If there is anything that we know would give you instant and immediate benefit, it would be if you could just appreciate the value of that which you are about. But of course, it is not ours to zap you. It is yours to want it and allow it.

And so, we'll keep zapping you, and you just keep wanting and allowing it, and eventually you'll all come into adoring yourselves, as we all adore you. There is great love here for you. We are complete.